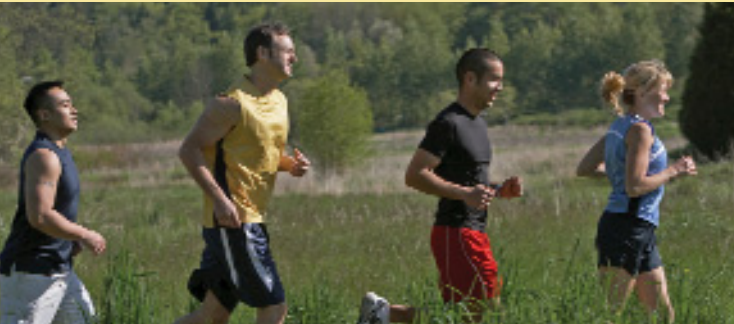


# Healthy Habits

- *Experts now know that healthy lifestyle choices contribute to longevity and an improved quality of life. They can even help us live “younger,” helping our body’s “actual” age to be years younger than our chronological age. In the months to come, Costco Today will feature a series of articles about healthy habits and talk about how our benefits can help us achieve some of them.*



## HEALTHY HABIT #1

### Don't smoke

Smoking negatively affects every system in the body and is the leading preventable cause of death and disability in the world. In addition to containing more than 30 substances believed to cause cancer, cigarettes include several poisons, such as arsenic, butane and cyanide. While it is not one of the cancer-related ingredients, nicotine is a highly-addictive material that hits the brain within 11 seconds of the first puff. Conversely, nicotine levels in the brain drop quickly, causing withdrawal and the need for another smoke.

If you're a smoker and wish you could quit, you probably already know that it's not easy. The good news is that Costco has a new program designed to help. It is now accessible in the state of Washington and will be available to all U.S. employees beginning January 1. Administered through QuitNet, the program includes medication to curb the urge to smoke and emotional support to help you over the rough spots. The entire program, including medication, is free!

You will receive a letter regarding this program from Jim Sinegal in your mail at home. For more information, watch for posters coming to your break room and log on to [www.quitnet.com](http://www.quitnet.com).